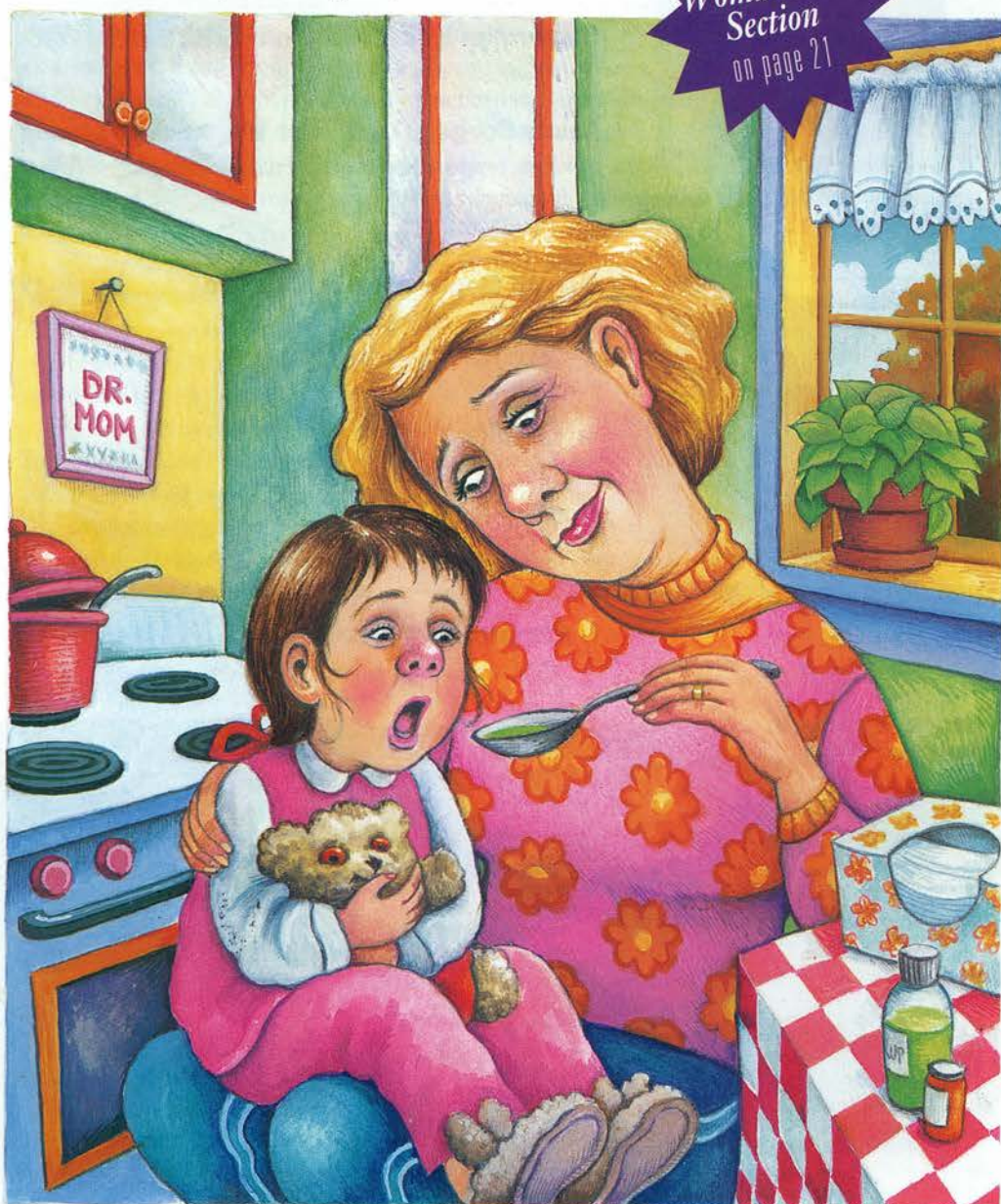


Healthy You

NOVEMBER/DECEMBER 1997

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- Sugar and Dieting
- Antidepressants
- Laser Eye Surgery

*WomanCare
Section
on page 21*



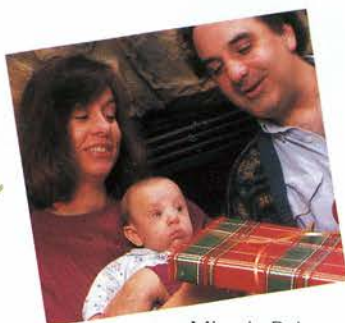
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LEHIGH VALLEY

HOSPITAL AND
HEALTH NETWORK

A member of the PennCARESM health network

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He didn't see how it could help him, but Robert Roeshman, D.O., was willing to give acupuncture a try. The neurologist at Lehigh Valley Hospital and Health Network had suffered from headaches for decades and was tired of taking medication. Within weeks of his first treatment he was headache-free. "It made a believer out of me!" he says.

Now a licensed acupuncturist himself, Roeshman uses the technique to treat everything from tennis elbow to cancer pain. He's performed acupuncture on himself to help him through the trauma of a knee operation and a dental crown.

Acupuncture is an ancient Chinese method of promoting natural healing. It involves inserting long, thin needles at acupuncture points around the body. (There are more than 1,000 of these pressure points.) "According to the Chinese, the needles reopen blockages in the flow of energy through the pathways, or meridians, that run like rivers in the body," says Toeruna Widge, M.D., an acupuncturist and anesthesiologist at Lehigh Valley Hospital and Health Network.

Modern scientists explain acupuncture as a way of stimulating the nervous system to release chemicals and neurotransmitters in the muscles, spinal cord and brain that improve electrical conduction, energy and well-being. The technique, widely practiced in Europe and Asia, is growing in popularity in the United States. It's used in combination with Western medicine to relieve such problems as ulcers, asthma, surgical pain, arthritis, depression, menstrual cramps, and labor and delivery pain, to name just a few.

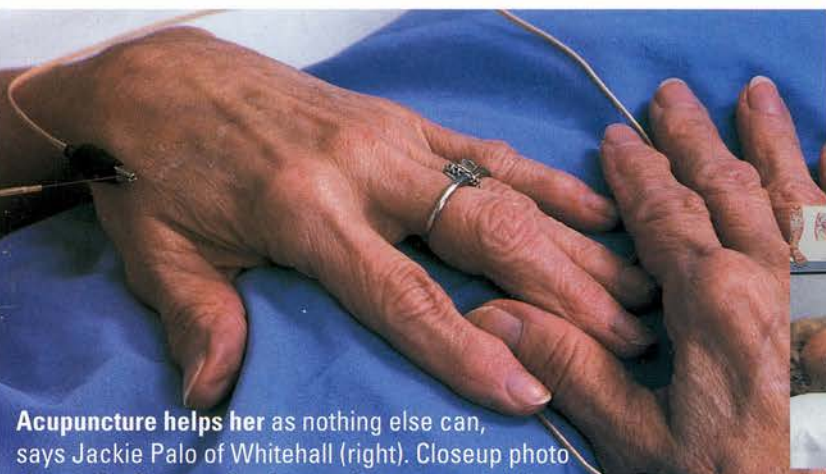
Many people squirm at the thought of acupuncture, but Widge says most of her patients "hardly feel the needle going in." Acupuncture needles are finer than hypodermic needles. They carry no risk of infection, since acupuncturists either surgically sterilize their needles or use disposables.

Some patients feel better immediately, some have a gradual reduction of symptoms. "Acupuncture doesn't work for everyone," Widge says. "Like anything else, it's not a miracle cure." But she and her fellow physician-acupuncturists find this form of complementary medicine uniquely valuable. "It's a way I can respond a little more creatively and holistically to my patients who are in pain," Roeshman says. ●

For more information about acupuncture and a list of qualified medical acupuncturists, call (610) 402-CARE.

An age-old technique
relieves 20th-century pain

ACUPUNCTURE



Acupuncture helps her as nothing else can, says Jackie Palo of Whitehall (right). Closeup photo shows the fine needles inserted at pressure points around Palo's body to relieve pain from a knee injury. Palo is a patient of Toeruna Widge, M.D.

DIABETES:

Are You at Risk?

Question:

My parents have diabetes; does that mean I'll get it?

Answer:

It depends on the type they have. If it is type 2, your odds of getting diabetes are higher; and those odds increase as you get older and if you're overweight.

According to local specialists, if you have one parent with type 2 diabetes, your chances of developing it are one in four; with both parents, one in two. "A person inherits a genetic tendency to get this disease," says Larry Merkle, M.D., medical director of the Helwig Diabetes Center at Lehigh Valley Hospital and Health Network. "But it usually takes another factor to bring it on, particularly aging and obesity."

Type 2 diabetes—the type that nine out of ten diabetics have—affects the body's ability to use insulin properly. As a result, sugar builds up in the bloodstream, potentially causing problems with the kidneys, legs and feet, eyes, heart, nerves and blood vessels.

"These problems are complicated by risk factors such as high cholesterol, high blood pressure, obesity and smoking, all of which can put a diabetes patient at risk of heart attack, stroke, blindness, kidney failure and amputation," Merkle says. The good news is that for most patients, oral medications combined with lifestyle choices such as a healthy diet and regular exercise are very effective in controlling the disease.

How do you know if you're developing type 2 diabetes? The disease most often occurs after age 40. Symptoms include:

- extreme thirst
- occasional blurry vision
- frequent urination
- unusual drowsiness or tiredness
- unexplained weight loss.

Since these symptoms can be subtle, routine blood sugar testing is recommended for those with a family history of type 2 diabetes. And you can raise your chances of avoiding the disease by following these healthy habits (see illustration). ●

Nationally, 8 million people are diagnosed with diabetes (and 8 million are not diagnosed!). For a free risk analysis, call (610) 402-CARE. See page 11 for a program on diabetes management.





Sugar

Can Sabotage Your Diet

It's not enough to cut down on fat.
Sugar packs a caloric wallop, too!

You want to shed a few pounds, so you buy fat-free foods and eat plenty of them. You're on the path to a healthy body, right? Wrong. You've just taken a ride on the fat-sugar seesaw, and it's a ride that rarely results in weight loss.

"Too often, people who start eating low-fat foods forget to watch the calories from sugar," says Barbara Carlson, registered dietitian at Lehigh Valley Hospital and Health Network. "Their body turns those extra sugar calories into fat and they don't lose weight."

We usually think of sugar as just the white granular substance that is refined from sugar beets and sugar cane. But it is a naturally occurring carbohydrate (the chemical family of all sugars and starches) in foods such as milk, fruits, vegetables, breads, cereals and grains.

Because all carbohydrates except fiber break down into sugar during the digestive process, Carlson recommends paying attention to total daily calories and reducing the size of portions.

"No matter where sugar comes from, whether it's candy or a piece of fruit, our body treats it the same way — because it is the same chemically," Carlson says. "That's why reducing the size of portions is so important to controlling weight."

According to Carlson, a well-balanced diet includes a calorie breakdown of about 15-20 percent protein, 25-30 percent fat and 50-55 percent carbohydrates.

Sugar substitutes, such as aspartame, sorbitol and saccharin, do not have significant calories and can help reduce the calorie intake. However, Carlson warns that it has not been proven whether these substitutes have health risks. ●

For recipes of naturally sweetened holiday foods, call (610) 402-CARE.

Be Smart About Sugar

To control weight gain or lose weight, try:

- Eating smaller portions.
- Checking the number of calories in a serving size — and measuring it.
- Using fruits to satisfy your sweet tooth. They provide other nutrients that refined sugar does not.

Can Prozac Help?

*Bolstered by consumer advertising,
use of antidepressants is rising dramatically*

For weeks, you've been feeling "blue"—low energy, irritable, uninterested in life. You've finally made an appointment with a therapist when you flip open a news magazine and spot the Prozac ad. The first page, a rain cloud on a black background, reads: "*Depression hurts.*" The second, a yellow sun on a field of sky-blue, informs you: "*Prozac can help.*"

Do you really need that therapist?

Prozac won't resolve the underlying causes of the depression, as your doctor will tell you. "I still recommend therapy to my depressed patients," says Jenni Levy, M.D., an internist with Lehigh Valley Hospital and Health Network. Along with therapy, she uses antidepressant medications like Prozac to restore her patients' energy, calm and enjoyment of life.

Levy is not alone; the use of antidepressants (available only with a doctor's prescription) is rising dramatically.

"Ten years ago, medication wouldn't have been the first consideration in treating depression, panic or obsessive-compulsive problems. Today it

is," says Tom Lane, Ph.D., director of The Guidance Program at Lehigh Valley Hospital and Health Network. Antidepressants are also effective with chronic pain, premenstrual syndrome (PMS) and eating disorders.

How do antidepressants work? "Many psychiatric conditions are linked to the way the brain uses chemicals to transmit impulses between nerve cells," Lane says. "In the depressed person's brain, the chemical gets absorbed back into the cell where it can't do any good. Antidepressants keep it in the synapse (connection between cells) where it belongs."

One reason for the rise in use is a newer class of antidepressants that appeared in the late 1980s. This group, known as SSRIs, includes Prozac, Zoloft and Paxil. It joined the older family of *tricyclics* (Tofranil, Elavil, etc.) to give doctors more options for their patients.

"The SSRIs are faster acting; you can see improvement in weeks rather than months," says Jack Seyfried, registered pharmacist at Lehigh Valley Hospital and Health Network. They also produce fewer side

*How do
antidepressants work?*

effects. While SSRIs can cause headaches, edginess and sleep disturbance, the older drugs can result in drowsiness, dry mouth, urinary retention, constipation and special risks for those with heart problems. Both types of antidepressants can interfere with sexual functioning.

"If you have side effects, your doctor can try different drugs, combinations, or changes in dosage and timing," Seyfried says. While SSRIs have many benefits, tricyclics remain an excellent choice for certain conditions. They also come in low-cost generic versions. (A month of therapy on a brand-name SSRI can run \$70; on a generic tricyclic as little as \$12.) "Insurance coverage varies; check your plan's psychiatric policy," Levy says.

How long do you need to take antidepressants?

Unlike Valium, they're not habit-forming, but data are not yet available on the effects of long-term use. Levy advises depressed patients to "stay on an antidepressant for at least three months, preferably six, after the symptoms go away." Those with recurrent depression or chronic mood disorders may need indefinite use. "I see it as a chemical correction, like insulin for a diabetic," Lane says.

He and Levy are respectful of patients who just don't like the idea of a drug. "I lay out the facts and options," Lane says. "Often, a person will start psychotherapy and decide to try medication when the symptoms don't go away fast enough." For

Lane, the combination is the best approach.

"Therapy addresses the psychological aspect of the illness," he says, "but you're more receptive to therapy if the chemical aspect is being treated."

Given ads like the one described earlier, are we in danger of becoming a drugged society? "The desire for a 'make it better' pill goes back a long way," Levy says. "And in reality, antidepressants do make it better for millions of people." While she and other professionals have mixed views on consumer advertising, they applaud the effect on public awareness. "It helps people realize this is a disease process and not just 'in your head,'" Seyfried says. "As the stigma goes away, people seek treatment and stop suffering, and that is a good thing." ●

*Do you still
need a therapist?*

Did you know

that if you often get tired for no reason or have frequent crying spells, you may need help for depression? For a questionnaire that can help you (and your doctor) determine how severe your depression is, call (610) 402-CARE.

Superman and Pro

Prostate. The mere mention of the male gland is enough to send many a superhero running for cover. But more and more men are opening their eyes to new techniques in prevention, screening and treatment that can save their lives.

"Increased awareness about the prostate is good news for men," says Edward Mullin, M.D., a urologist at Lehigh Valley Hospital and Health Network. "When most men think of a prostate problem, they immediately think cancer, but often it's prostatitis or an enlarged prostate."

There are three common problems with the prostate: prostatitis (infection), enlarged prostate and cancer. "While the symptoms are similar and all three conditions occur typically after age 40, they are not related," says Mullin. In other words, if you develop prostatitis or an enlarged prostate, you don't have a higher risk of prostate cancer.



Enlarged prostate

The prostate is a walnut-shaped gland just below the bladder that partially surrounds the urethra, the tube that carries urine from the bladder through the penis. The prostate also produces the majority of a man's ejaculate fluid.

As a man ages, it's common for his prostate to grow larger. Called benign prostatic hyperplasia, this condition usually begins to affect men after age 40. In fact, more than half of men in their 60s have an enlarged prostate, which squeezes the urethra and causes frequent and difficult urination. It is treated with drugs or, in some serious cases, surgery.

Recently, there has been interest in food supplements to prevent prostate enlargement, most notably saw palmetto, an extract from a tropical berry that may have chemical properties that relax the tissue around the prostate.

"There's no conclusive evidence that these food supplements work or don't work," Mullin says. "But I have patients who say it has worked for them, so I say, 'Try it.'"

Prostatitis

Prostatitis is an inflammation of the prostate often caused by a bacterial infection. Treated with antibiotics, sometimes it goes away quickly but may be hard to cure.

While it's difficult to pinpoint the cause of prostatitis, Mullin says certain things have been identified as irritants to a prostate — alcohol, caffeine, spicy foods and stress.

"In general, a healthy lifestyle should reduce the risk of prostatitis," he says. "That means a good diet, exercise and moderate use of alcohol and caffeine."

Prostate cancer

Prostate cancer is the most common cancer among men but can remain inactive for long periods of time. As a result, it is not always treated, particularly in older men, says Jeffrey Debuque, D.O., an internist at Lehigh Valley Hospital and Health Network. Treatment may include surgery, radiation therapy and hormone therapy.

"There's no doubt that early detection of prostate cancer can save lives, but some men can live unaffected by low-grade prostate cancer for a long time," Debuque says. "It's difficult to predict the course it will take, so it's important that men discuss all the options with their physician."

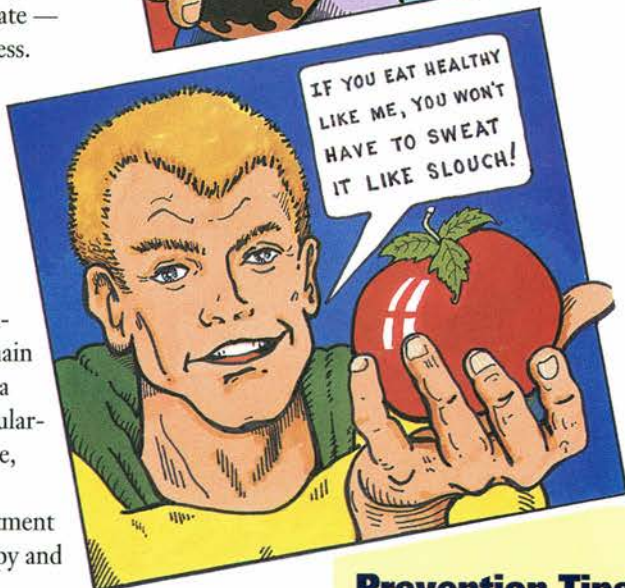
"According to Debuque, men should be screened yearly for prostate cancer after age 50, and after age 35 if they are African American, have symptoms or have a family history of prostate cancer.

Recently, researchers have focused on prostate cancer prevention, including genetics and the use of drugs. Lycopene, an antioxidant abundant in tomatoes, has been associated with reduced risk of prostate cancer. Lycopene is particularly effective when combined with small amounts of fat, as found in tomato sauce. A number of new food supplements containing lycopene have appeared.

Warning Signs

The warning signs of prostate problems do not necessarily mean you have cancer. But you should be checked if you:

- urinate more frequently than usual, particularly at night
- have difficulty starting or holding back urine
- have weak, interrupted flow of urine
- have pain or burning when you urinate
- have blood in your urine
- have painful ejaculation.



Prevention Tips

- Have annual prostate cancer screenings after age 50.
- Reduce fat in your diet.
- If you use alcohol or caffeine, do it in moderation.
- Keep abreast of new research on supplements.

"There's a lot of interest and speculation about prevention," Mullin says. "Many methods show promise, but the only one that has been established in reducing the risk of prostate cancer is to lower the dietary intake of fat." ●

For a guide to the many food supplements marketed today to promote prostate health, call (610) 402-CARE.

Laser Surgery and Your VISION

For about 30 years, a surgical procedure called radial keratotomy has been able to correct permanently the vision of mildly nearsighted people. Now, a new laser surgery is giving many more people the same result.

According to Andrew Bausch, M.D., an ophthalmologist at Lehigh Valley Hospital and Health Network, the laser surgery, called photorefractive keratectomy, can correct the vision of a wider range of people who are nearsighted, and it is much more precise.

"To get 20/20 vision with radial keratotomy, we had to re-operate 30 percent of the time," Bausch says. "With the laser, there's only about a 2 percent chance of the eye being overcorrected or undercorrected."

The laser is more precise because the surgeon uses computer controls to remove the outer layer of the cornea and change its shape. With radial keratotomy, the surgeon uses a diamond blade and operates freehand.

But radial keratotomy still has its advantages: The recovery is less painful, the price less expensive — \$1,200 per eye compared with \$2,000 per eye — and the results can be seen the next day. The final results of laser surgery can take up to six months.

Radial keratotomy is also more accessible. Laser surgery, which was just approved by the U.S. Food and Drug Administration (FDA) in 1995, is only available locally at the Lehigh Valley Laser Eye Institute in Allentown.

According to Bausch, laser surgery takes only about 30 minutes for preparation and 15 minutes for the procedure, and the risks are the same as for radial keratotomy. About 10 percent of people will have some nighttime or daytime glare when looking at bright lights.

FDA approval of laser surgery for astigmatism is expected by the end of this year and for farsightedness sometime next year. ●

Want to know more about these types of eye surgery?

For a list of local surgeons who offer educational sessions and perform these surgeries, call (610) 402-CARE.

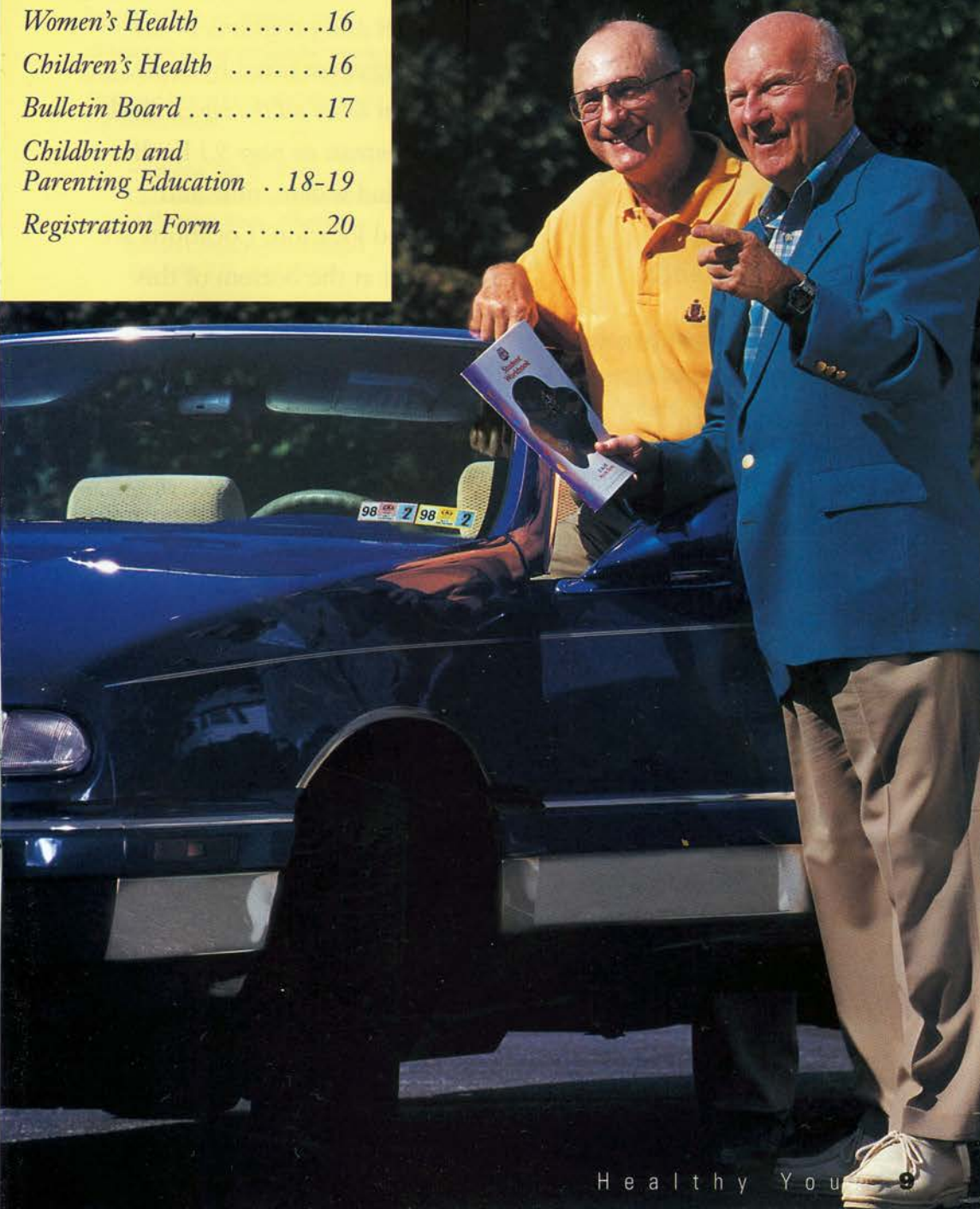
**A new
procedure
corrects
nearsightedness
with greater
precision.**

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Healthy You

CLASS & LECTURE SCHEDULE

A Safe Driver Heads for the Road:
Tom Reinsmith (l), Allentown, brushed
up on his driving in a class called 55
Alive offered by AARP. Joe McCoy (r),
Hellertown, coordinates the program
locally. It is now being offered free
when you join Vitality Plus, a program of
Lehigh Valley Hospital and Muhlenberg
Hospital Center. See page 15.





HIGHLIGHTS

Holidays can be stressful as well as joyous. Check out these programs to help you care for yourself and your family and friends...

■ Brunch for Two or Twenty.

It's an easy way to entertain. Join us for recipes, ideas, table decorations and healthy menu items (page 11).

■ Mind-Body Medicine.

Learn how yoga, meditation, "mind-body type" and other complementary approaches can help you prevent disease, stay young and live a healthy life (page 16).

■ Pregnancy Massage.

This new program shows you and your partner simple techniques for relieving stress, aches and pains, and meeting your special need for touch and support during your nine-month journey (page 18).

New to Our Schedule? Here's How It Works.

The classes and programs in the coming pages are listed by topic. (If you want to see all the topics, check Table of Contents on page 9.) Each listing includes date, time and abbreviated location. Locations are spelled out at the bottom of this page. When you've selected a class, you can register by phone, fax or mail. For details and a mail-in registration form, see page 20. If you have questions, feel free to call (610) 402-CARE.

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated.

Lehigh Valley Hospital

and Health Network Locations

Lehigh Valley Hospital, Cedar Crest & I-78
Lehigh Valley Hospital, 17th & Chew
Morgan Cancer Center, Cedar Crest & I-78
School of Nursing, 17th & Chew
1243 S. Cedar Crest Blvd., Allentown
2166 S. 12th St., Allentown

Abbreviations

CC

17

MCC

SON

1243

2166

Community Locations

Allentown Jewish Community Center
Lehigh County Senior Citizens Center
Muhlenberg Hospital Center
Saucon Valley Community Center
South Mall
Whitehall Township West Catasauqua Playground

NEW

Specialty Lectures

Eating to Lower Cholesterol

If your blood cholesterol is too high, we can help—with recipe ideas, menus and cooking tips for a fun, heart-healthy diet. Please bring your latest cholesterol test results with you.

Free

- Monday, Dec. 1; 7:30-8:30 p.m.

Class meets at 17/Healthy You Room.

- Tuesday, Dec. 2; 10-11 a.m.

Class meets at Allentown Jewish Community Center.

Barbara Carlson, registered dietitian

Brunch for Two or Twenty

Holidays are the perfect time for brunch, and at this session you'll learn how to plan and prepare a wonderful one! Join us for recipes, ideas, table decorations and healthy snacks.

Free

- Saturday, Dec. 6; 10 a.m.

Class meets at Brilliant Books, Cedar Crest & Hamilton Blvds., Allentown.

Barbara Carlson, registered dietitian

Kim Sterk, R.N., nurse educator

Healthy Eating

Antioxidants

How can antioxidants improve your health and prevent heart disease and cancer? Learn about this and which vitamin supplements are highly recommended.

\$35 for one/two persons

- Monday, Dec. 15; 7-8 p.m.
- Monday, Jan. 12; 7-8 p.m.

Class meets at 1243, #3221.

Diets a la Carte

Our registered dietitian will help you write your personal diet plan. You'll have the opportunity to choose the plan that best matches your lifestyle.

\$35 for one/two persons

- Friday, Nov. 21; 2-3 p.m.

Class meets at Muhlenberg Hospital Center.

- Thursday, Dec. 18; 7-8 p.m.

Class meets at 17/Healthy You Room.

Spotlight on Diabetes

Learn the latest treatment options and lifestyle strategies for both type 1 and type 2 diabetes from a panel of experts. They'll discuss how to achieve optimal blood glucose control and live well with diabetes.

Free

- Tuesday, Nov. 18; 7-8:30 p.m.

Class meets in CC, Auditorium.

Type 1 Panel (Auditorium):

Larry Merkle, M.D., diabetes specialist

Ellen Cooper, R.N., certified diabetes nurse educator

Pamela Eichorn, R.N., certified insulin pump trainer

Barbara Carlson, registered dietitian

Type 2 Panel (Classroom 1):

Donald Barilla, M.D., diabetes specialist

Howard Cook, registered pharmacist

Kim Sterk, R.N., certified diabetes nurse educator

Karen Friedly, registered dietitian

What's in the Cart? for Heart Health

Heart-healthy eating begins in the grocery store! This new, revised program with a registered dietitian will help you fill your cart with the right foods.

\$35 for one/two persons

- Monday, Nov. 10; 9-10 a.m.

Class meets at Giant Food Store,

Cedar Crest & Tilghman Streets, Allentown.

- Wednesday, Dec. 3; 3-4 p.m.

Class meets at Giant Food Store, MacArthur Road, Whitehall.



Illustration by Sally Groppe

PS Priorities Program

Priorities are clusters of two or more workshops offered at a discounted package price. You can choose from six Priorities, listed below. For more information on each workshop, see the descriptions in the following pages; they're marked with the Priorities symbol (PS). (You can also take these workshops individually at the regular prices listed in the following pages.)

HEART HEALTH PRIORITIES...

includes three workshops:

- ◆ Antioxidants
- ◆ What's in the Cart? for Heart Health
- ◆ Building Your Activity Pyramid

\$79 for one/two persons

CANCER PREVENTION PRIORITIES...

includes three workshops:

- ◆ Antioxidants
- ◆ What's in the Cart? for Cancer Prevention
- ◆ Building Your Activity Pyramid

\$79 for one/two persons

OSTEOPOROSIS REDUCTION PRIORITIES...

includes two workshops:

- ◆ What's in the Cart? for Osteoporosis Prevention
- ◆ Building Your Activity Pyramid

\$60 for one/two persons

WEIGHT CONTROL PRIORITIES...

includes three workshops:

- ◆ Which Weigh Works
- ◆ Shaping the Right Attitudes
- ◆ Diets a la Carte

\$79 for one/two persons

STRESS REDUCTION PRIORITIES...

includes two workshops:

- ◆ Finding a Healthy Balance
- ◆ The Next Step:

Surviving Pressure at the Workplace

\$60 for one/two persons

SELF-CARE AND IMPROVEMENT PRIORITIES...

includes two workshops:

- ◆ Personal Lifestyle Practices
- ◆ Building Your Activity Pyramid

\$60 for one/two persons

If you need personal assistance in reviewing your Priorities, please call (610) 402-CARE, Monday through Friday, 8:30 a.m.-4:30 p.m.



What's in the Cart? PS for Osteoporosis Prevention

A high-calcium, low-sodium diet helps prevent osteoporosis. Learn what foods promote your strong bones.

\$35 for one/two persons

- Tuesday, Nov. 11; 7-8 p.m.

Class meets at Giant Food Store, MacArthur Road, Whiteball.

What's in the Cart? for Cancer Prevention PS

Foods high in fiber and carotene and low in fat are a good anti-cancer strategy. This program will teach you how to find them.

\$35 for one/two persons

- Tuesday, Nov. 18; 3-4 p.m.

Class meets at Giant Food Store, Cedar Crest & Tilghman Streets, Allentown.

What's in the Cart? for Migraine Management

Diet can play a big role in causing migraine headaches. Learn which foods are known migraine "triggers," and how to avoid them and control your migraines.

\$35 for one/two persons

- Wednesday, Nov. 19; 7-8 p.m.

Class meets at Giant Food Store, Emaus Avenue, Allentown.





Shape-Up Solutions

Aerobic and Conditioning Classes for Adults

Choose from more than 40 classes—to achieve optimal health and fitness—various times and locations throughout the Lehigh Valley.

Fee: Month-to-month

Class meets at 1243, Lower Level, 2166.

For more information, call (610) 402-CARE.

W.O.W! Walking-Out Workout Club

Now at three locations! Exercise, have fun and earn prizes in this popular program.

\$10 (\$5 for adults 55 and over)

Club meets at South Mall, Lehigh Street, Allentown; Saucon Valley Community Center, Hellertown; and Lehigh County Senior Citizens Center, Elm Street, Allentown.

For more information, call (610) 402-CARE.

"Exercise For Life" Classes for Adults

If you've neglected physical activity, these classes are a great way to get started...

Thirty "Healthy" Minutes Classes

Thirty-minute classes can lower blood pressure, reduce cholesterol, help prevent osteoporosis, heart disease and adult-onset diabetes, speed heart attack recovery and ease arthritis.

Sixty "Fitness" Minutes Classes

Move up to 60 minutes and you'll improve heart/lung capacity for more energy, build up lean muscle, stretch your limits and improve well-being.

Which Weigh Works?

Learn the myths and realities of weight loss, your personal nutrition profile and how to plan a healthy, no-nonsense diet.

\$35 for one/two persons

• Thursday, Dec. 4; 7-8 p.m.

Class meets at 1243, #3221.

Shaping the Right Attitudes

For successful, long-term weight control, exercise and attitude go hand in hand. Learn what habits lead to overeating and how to plan an exercise program at home or at a health club.

\$35 for one/two persons

• Thursday, Nov. 13; 2-3 p.m.

Class meets at Muhlenberg Hospital Center.

• Wednesday, Dec. 3; 7-8 p.m.

• Tuesday, Dec. 9; 10-11 a.m.

Class meets at Allentown Jewish Community Center.

• Thursday, Dec. 11; 7-8 p.m.

Class meets at 1243, #3221.

Building Your Activity Pyramid

Everyday activities can improve your health and enjoyment. Learn how to build them into your busy schedule.

\$35 for one/two persons

• Monday, Nov. 17; 10-11 a.m.

Class meets at Muhlenberg Hospital Center.



Monthly fees:

\$21 for unlimited 30-minute classes at any location
OR

\$26 for unlimited 60-minute classes at any location

Locations:

- Allentown Jewish Community Center
- 1243, Lower Level
- Whitehall Township
West Catasauqua Playground
- Muhlenberg Hospital Center
- 17/Healthy You Room

Stress Reduction Programs for Adults

Finding a Healthy Balance

Learn and practice simple techniques, meditation, guided imagery and others for relaxation.

\$35 for one/two persons

• Tuesday, Nov. 11; 6:30-8:30 p.m.

Class meets at 1243, #3221.

The Next Step:

Surviving Pressure at the Workplace

Changes in the workplace can increase stress at work and home. Learn and discuss coping skills to help you deal with change in a positive way.

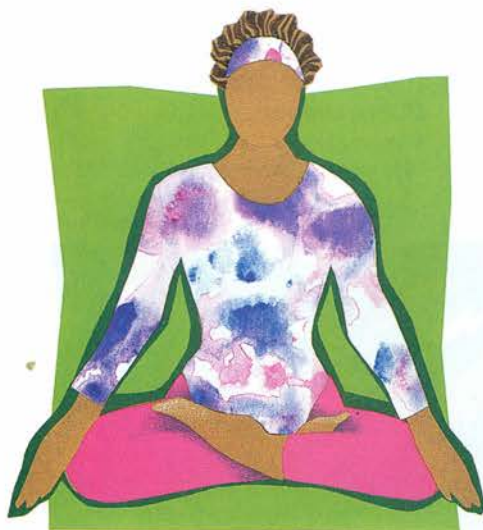
\$35 for one/two persons

• Thursday, Nov. 13; 6:30-8:30 p.m.

Class meets at Allentown Jewish Community Center.

• Tuesday, Nov. 18; 6:30-8:30 p.m.

Class meets at 1243, #3221.



Yoga

The practice of yoga is designed to help you learn to breathe again, release stored tension, restore vitality and strengthen, tone and align your muscles and joints.

8 sessions • \$55

Novice students can choose from 3 sessions:

• Begins Monday, Jan. 26; 6-7:15 p.m.
(gentle, introductory)

• Begins Tuesday, Jan. 27; 6-7:15 p.m.
(gentle, Stage I)

• Begins Wednesday, Jan. 28; 10:30-11:45 a.m.
(gentle, Stage I)

Experienced students can choose from 4 sessions:

• Begins Monday, Jan. 26; 7:30-8:45 p.m.
(advanced, yoga-in-motion)

• Begins Tuesday, Jan. 27; 7:30-8:45 p.m.
(advanced, Stage II)

• Begins Thursday, Jan. 29; 6:30-7:45 p.m.
(advanced, Stage II)

• Begins Saturday, Jan. 31; 10-11:15 a.m.
(advanced, Stage II)

Classes meet at 17/Healthy You Room.

When You're Ready To Quit Smoking...

QuitSmart®

Learn simple new methods to help you overcome both your physical addiction and psychological dependence on cigarettes.

5 sessions • \$85

• Tuesday, Jan. 6; 7-8 p.m. (first session)

Classes meet at 17/Healthy You Room.

Hypnosis for Adults

Hypnosis is a method to relax used by many people who are trying to quit smoking for the first time or after several unsuccessful attempts. Led by a certified hypnotherapist.

1 session • \$30

• Monday, Nov. 17; 7-8 p.m.

Class meets at 17, Auditorium.

Individual Tobacco Use Cessation Counseling

Meet one-on-one with a health improvement counselor to develop a plan to help you become tobacco-free.

For fee information and to schedule an appointment, call (610) 402-CARE.

Diabetes Education

The Helwig Diabetes Center of Lehigh Valley Hospital offers a series of programs for adult diabetics in such areas as diet, exercise, medication and home testing. Family members/friends are welcome at no additional charge.

For additional information, call (610) 402-CARE.

CPR Courses

All CPR classes meet at 1243, Third Floor.

Course A

One-person adult heart-saver CPR.
Includes clearing a blocked airway.

\$25

• Monday, Nov. 24; 7-10 p.m.



Course C—Adult-Child-Infant

One- and two-person, child and infant CPR. Includes mouth to mask ventilation and clearing a blocked airway.

3-part course • \$35

- Monday, Dec. 8, 15, 22; 7-10 p.m.
- Monday, Jan. 12, 19, 26; 7-10 p.m.

For information on achieving CPR provider status, call (610) 402-CARE.

Course C—Renewal

To attend you must have a current or recently-expired (within one month) Course C card.

Renewal • \$20

- Monday, Nov. 17; 7-10 p.m.

Course D—Infant-Child

Infant and child CPR and how to clear a blocked airway.

\$25

- Monday, Jan. 5; 7-10 p.m.

Speaker's Bureau

Presentations on a variety of health care topics to civic, social and church organizations.

Topics include:

- New Trauma/Injury Prevention for Seniors
- New Trauma/Injury Prevention Programs for Grade School Through High School Students
- Organ Donation & Kidney Transplantation: A Community Effort
- Breast Cancer: Post Mastectomy
- Partners in Progress: Lehigh Valley Hospital and the Challenges Facing Health Care
- Childbirth Options in a Hospital Setting
- Planning a Smoke-Free Workplace
- Sports Medicine: Injury Prevention & More
- Community Service—Caring for Our Community

For more information, call (610) 402-CARE.

Healthy Living

for
people
50 & Over

For Vitality Plus Members Only

AARP Driving Classes

2-part course • Free to Vitality Plus members (\$8 for non-members)

- Thursday, Nov. 13 and Friday, Nov. 14; 1-5 p.m.
- Thursday, Dec. 4 and Friday, Dec. 5; 1-5 p.m.

Classes meet at 1243, #3221.

For more information or to register, call toll-free 1-888-584-PLUS.

Introduction to the Internet

Learn how to navigate the World Wide Web, send electronic mail and find information that interests you. Classes are now forming.

Free for Vitality Plus members.

For details, call toll-free 1-888-584-PLUS.

Are You a Vitality PlusSM Member?

For access to the members-only program listed above, join Vitality Plus! A membership program for people 50 and over, it's very affordable at just \$20/year for individuals or couples. Members get an array of benefits including health workshops, social events and discounts on products and services. Vitality Plus is offered exclusively through participating physicians and select area hospitals. For more information, call toll-free 1-888-584-PLUS.

Support Groups

Lehigh Valley Hospital offers a variety of support groups for people who share similar experiences, concerns or health conditions. Through special presentations and facilitated discussions, the groups help people cope with the physical, psychological and spiritual aspects of acute, chronic or terminal illness.

Many support groups are tailored to audiences with special needs; for example, breast cancer, prostate cancer or osteoporosis.

For more information, call (610) 402-CARE.



Women's Health Programs

Continued Healing of the Inner Child

If you are stuck in a co-dependent relationship or suffer from low self-esteem, join other women in a supportive, interactive growth group that can help you heal from your past and regain your personal power.

10 sessions • \$70

• Tuesdays, Jan. 6; 7-9 p.m. (first session)

Classes meet at SON, Parlor A.

Marcia Felkay, M.A., counselor

Tai Chi for Women's Health

Experience how this dynamic yet gentle art of movement increases your energy, balances you, reduces stress and encourages greater health and well-being. Please wear loose, comfortable clothing.

For beginners

6 sessions • \$55

• Tuesdays, Dec. 16; 7:30-9 p.m. (first session)

• Tuesdays, Jan. 27; 7:30-9 p.m. (first session)

Classes meet at SON.

Mind-Body Medicine Series **NEW**

This lively five-part series will teach you how "complementary" medicine can work hand-in-hand with mainstream medicine to help you prevent disease, stay young and live a healthy life.

Free, Thursdays, 7-8:30 p.m.

• Nov. 20: Introduction to Mind-Body Medicine

• Dec. 18: What is Your Mind-Body Type?

• Jan. 22: Mind-Body Type and How It Affects You

• Feb. 26: Yoga and Meditation Techniques

• March 26: Balanced Nutrition, Supplements and Herbs

Classes meet at 17, Auditorium.

T.A. Gopal, M.D., obstetrician/gynecologist



Personal Protection & Safety for Women **NEW**

Learn how to protect yourself! This session will give you practical how-to's, including hands-on demonstrations of self-defense techniques. Casual dress.

Free

• Wednesday, Jan. 21; 7-9:30 p.m.

Class meets at CC, Classroom 1 & 2.

Gerald Kresge and Francis Paulson, security professionals

Weight Crisis in America **NEW**

The ideal body image in America is so thin it can lead to disordered eating. Learn the nutritional consequences of this illness, guidelines to follow during recovery, and how to enhance a healthy body image. Special guests will share their personal experiences.

Free

• Tuesday, Jan. 27; 7-8:30 p.m.

Class meets at CC, Auditorium.

Panelists include:

Jane Zeigler, registered dietitian

Candance Herrman, National Hospital for Kids in Crisis, director

Janet Grossner, counselor

Your Thyroid & Your Emotions **NEW**

Thyroid disease can affect your emotions, and that can affect those around you. Learn about the psychological effects of hyperthyroidism, hypothyroidism and other thyroid disorders.

Free

• Wednesday, Jan. 28; 7-8:30 p.m.

Class meets at CC, Auditorium.

Carol Greenlee, M.D., endocrinologist

Children's Health & Parenting

For Mothers: Balancing Work and Family

Any working mother will tell you her life is a delicate balancing act. Learn some effective strategies for dealing with the demands on your time from family and job, while still allowing time for yourself.

Free

• Thursday, Nov. 20; 7-8 p.m.

Class meets at 17, Auditorium.

Mary Stabl Levick, M.D., pediatrician

Measurable Results for Women

\$15, 2-part series (includes workshops)

• Monday, Jan. 26 (Session 1) and Monday, Feb. 2 (Session 2); 6:30-9:30 p.m.

Classes meet at MCC (Snow date Monday, Feb. 9)

Learn how to improve your chances of living a long and healthy life at this two-part program. Session 1: Confidential health risk assessment and screenings. Session 2: Detailed personal report on your health status. You can then attend three workshops on achieving a healthier lifestyle.

Space limited; registration by Jan. 23.

Men's "Tune Up" Workshops

■ Prostate Check-In

• Tuesday, Feb. 4; 6:30-8:30 p.m.

Whitehall Township West
Catasauqua Playground

• Saturday, Feb. 21; 1-3 p.m.

Muhlenberg Hospital Center
Banko Family Community Center

■ Pounds-A-Weigh

• Saturday, Jan. 24; 1-3 p.m.

Whitehall Township West
Catasauqua Playground

• Monday, Feb. 9; 6:30-8:30 p.m.

Muhlenberg Hospital Center
Banko Family Community Center

• Thursday, Feb. 13; 6:30-8:30 p.m.

Western Salisbury Fire Company

■ Cholesterol Count-Down

• Saturday, Jan. 17; 1-3 p.m.

1243 S. Cedar Crest Blvd.,
Lower Level

• Wednesday, Jan. 28; 6:30-8:30 p.m.

Muhlenberg Hospital Center
Banko Family Community Center

This workshop series, especially *for men* and instructed *by men*, provides the information you need to know to keep your motor running. Choose one, two or three workshops. Fee: \$15 for single workshop; \$39 for 3-workshop series

■ Prostate Check-In

Age is a major risk factor for both prostate enlargement and prostate cancer. Prostate symptoms are not a necessary part of getting older. This workshop will provide the basics on how you can take care of this important part of your anatomy.

■ Pounds-A-Weigh

The amount of muscle, fat and water in your body determines your levels of strength and energy. Whether you're looking to gain muscle and become leaner or just get stronger, this workshop is for you.

A personalized body composition is included.

■ Cholesterol Count-Down

Saturated fats are the main cause of high cholesterol. Learn what your cholesterol numbers should be and how you can keep these numbers in line.

A non-fasting Total/HDL cholesterol screening test is included!

To register, call (610) 402-CARE.

Cholesterol Testing (non-fasting)

\$10

• Tuesday, Nov. 25; 8-10 a.m.

South Mall, Lehigh Street, Allentown

Blood Pressure Screening

Free

• Tuesday, Nov. 25; 7:30-10 a.m.

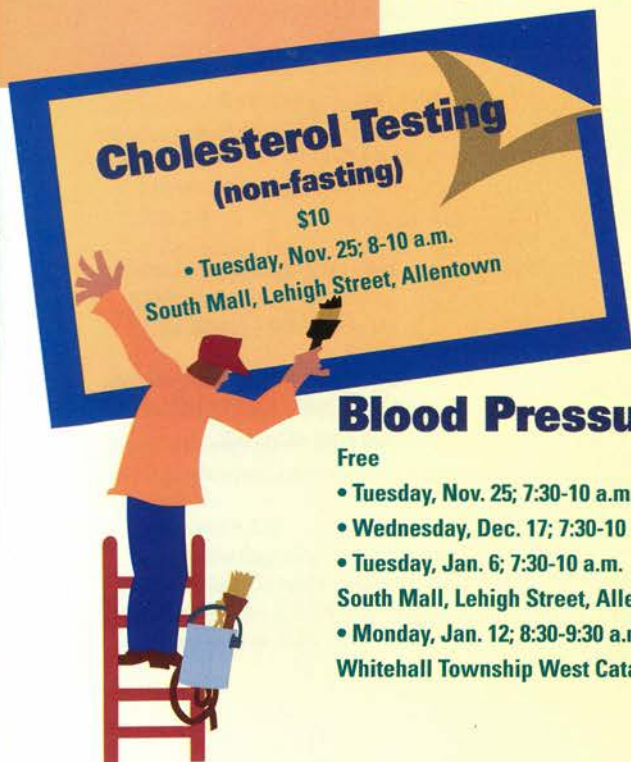
• Wednesday, Dec. 17; 7:30-10 a.m.

• Tuesday, Jan. 6; 7:30-10 a.m.

South Mall, Lehigh Street, Allentown

• Monday, Jan. 12; 8:30-9:30 a.m.

Whitehall Township West Catasauqua Playground





Childbirth and Parenting Education

"From Pregnancy to Parenthood"

Because babies don't come with instructions, we offer the next best thing—prepared childbirth and parenting education programs sponsored by Lehigh Valley Hospital in cooperation with Lehigh Valley Lamaze Associates.

Through these programs, we can provide you with timely, accurate information about what to expect when you're expecting and after your baby is born. We can also help expectant and new moms meet the physical demands of pregnancy and delivery through our prenatal and postpartum fitness programs.

For more information about the classes, schedules or fees, or to register, call (610) 402-CARE weekdays between 8:30 a.m. and 4:30 p.m.

Childbirth Preparation (6-8 months)

Prepared Childbirth (Lamaze) Series

Information about relaxation and Lamaze breathing techniques, stages of labor, medications, cesarean birth, feeding options and caring for your newborn.

6-part series • \$75

- Monday, Nov. 24 (first session)
- Monday, Jan. 19 (first session)

For times and locations, call (610) 402-CARE.

Early Pregnancy (3-5 months)

Becoming a Family

Join other parents-to-be for an introduction to the physical and emotional changes of pregnancy, tests you need, nutritional and other health needs, and what to expect when you deliver. Refreshments and door prizes.

Free

- Sunday, Nov. 16; 1-4 p.m.
- Sunday, Jan. 18; 1-4 p.m.

Class meets at 17, Auditorium.

Pregnancy Massage **NEW**

As one aspect of your prenatal program (it doesn't replace medical care), pregnancy massage can relieve stress, aches and pains, and meet your special need for touch and support during your nine-month journey. Bring your partner and learn some simple, safe techniques!

\$15

- Tuesday, Jan. 6; 7-8 p.m.

Class meets at SON.

Marianne Bergmann, certified massage therapist

One-day Lamaze

Same topics as Prepared Childbirth Series, geared for couples whose schedules won't accommodate a six-week course.

\$125 includes continental breakfast and lunch.

- Saturday, Nov. 22; 9 a.m.-5 p.m.
- Saturday, Dec. 13; 9 a.m.-5 p.m.
- Saturday, Jan. 10; 9 a.m.-5 p.m.

For locations, call (610) 402-CARE.

Refresher Classes

If you've already had a baby or attended a Lamaze program, this is a review of the basics plus sibling concerns and Vaginal Birth After Cesarean (VBAC).

3 sessions • \$50

- Wednesday, Nov. 12; 7-9 p.m. (first session)
- Wednesday, Jan. 14; 7-9 p.m. (first session)

For locations, call (610) 402-CARE.

"Just Breathing" Class

If you've had a prepared childbirth class in the past three years, take this class for a review of the stages of labor, breathing and pushing techniques.

\$30

• Friday, Nov. 21; 7-9 p.m.

For locations, call (610) 402-CARE.

Breastfeeding Classes

Get off to a good start by understanding breastfeeding and how it benefits your baby.

\$20

• Wednesday, Nov. 19

• Wednesday, Dec. 17

• Wednesday, Jan. 14

For times and locations, call (610) 402-CARE.

Prenatal Fitness Program

Pregnancy changes your body. Learn how to safely maintain strength and tone during pregnancy by combining low-intensity, low-impact aerobics with light weights.

2 evenings a week for 6 weeks • \$40

• Monday, Dec. 8 (first session)

For 1998 fees, call (610) 402-CARE.

• Monday, Jan. 5 (first session)

• Monday, Feb. 16 (first session)

Classes meet at SON.

For times, call (610) 402-CARE.

"All About Baby" Class (Newborn Care)

Basic newborn care including feeding, safety, health problems, well child care and local resources. Grandparents welcome.

\$20

• Friday, Nov. 28; 7-9 p.m.

• Friday, Jan. 23; 7-9 p.m.

Class meets at 17, Auditorium.

Sibling Classes

Help brothers and sisters prepare for the newborn. Activities, refreshments, tours. Parents' attendance required.

\$10/child; \$15/2 or more children

Age 3-4

• Wednesday, Dec. 3

• Wednesday, Jan. 7

• Wednesday, Feb. 4

Age 5 and older

• Wednesday, Dec. 10

• Wednesday, Jan. 14

• Wednesday, Feb. 11

Class meets at SON, 6-7:15 p.m.

Healthy Beginnings Labor and Delivery Series

Labor and delivery information with relaxation and breathing techniques, medications and cesarean birth outlined.

4 sessions • \$20

For Healthy Beginnings Plus participants (cost included in health package)

• Tuesday, Jan. 6; 8:30-10 a.m. (first session)

Classes meet at SON.

Healthy Beginnings Parenting Newborn Series

Expectant parents receive information about feeding, safety, immediate health problems, newborn and well child care and local resources.

4 sessions • \$20

For Healthy Beginnings Plus participants (cost included in health package)

• Tuesday, Jan. 6; 10:30 a.m.-noon (first session)

Classes meet at SON.

Infant/Child CPR

Instruction and hands-on practice in infant/child safety and emergency care. Designed for expectant parents.

\$25/person or \$35/couple

1 session/one class

• Monday, Dec. 1; 6-10 p.m.

2 sessions/one class per week for two weeks

• Tuesdays, Feb. 17 & 24; 7-9 p.m.

Classes meet at SON.

Postpartum Programs (After the Baby Is Born)

"Hey Baby, Let's Work Out"

Restore muscle tone and strength after pregnancy while you enjoy playtime with your baby. Includes gentle infant massage techniques.

Full session • \$40

2 times a week for 6 weeks

Mini session • \$20

2 times a week for 3 weeks

• Monday, Dec. 8; 10:30-11:30 a.m. (first session)

For 1998 fees, call (610) 402-CARE.

• Monday, Jan. 5; 10:30-11:30 a.m. (first session)

• Monday, Feb. 16; 10:30-11:30 a.m. (first session)

Classes meet at 1243, Lower Level.

New Moms Network

Information...Ideas...Support...Sharing

A support group for new mothers and their babies.

Group meets Thursdays, 10-11 a.m.

Free

• Dec. 4 - Feeding Your Infant

• Jan. 8 - When to Call the Doctor

• Jan. 22 - Calming the Crying Infant

• Feb. 5 - Infant Growth & Development

• Feb. 19 - Your Infant and Sleep

Class meets at SON.

Maternity Tours

Expectant parents/family members can tour the maternity unit at Lehigh Valley Hospital. Adult tours are held selected Mondays and Saturdays. Sibling tours are offered several times a month.

Free

Advance registration is required.

To register, call (610) 402-CARE.

How to Register

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. If you are registering for a free class, call our special phone line. Choose from a variety of methods for enrolling in other classes. For more information, call (610) 402-CARE.

HOSPITAL LOCATIONS

Lehigh Valley Hospital, Cedar Crest & I-78
Lehigh Valley Hospital, 17th & Chew
Morgan Cancer Center, Cedar Crest & I-78
School of Nursing, 17th & Chew
1243 S. Cedar Crest Blvd., Allentown
2166 S. 12th St., Allentown

ABBREVIATIONS

CC
17
MCC
SON
1243
2166

COMMUNITY LOCATIONS

Allentown Jewish Community Center
Lehigh County Senior Citizens Center
Muhlenberg Hospital Center
Saucon Valley Community Center
South Mall
Whitehall Township West Catasauqua Playground

Plus many new locations throughout the Lehigh Valley!



BY FAX: You can register by fax with payment by **MasterCard or Visa**. Fax (610) 402-3020. Use the registration form below.



BY PHONE: You can register with **MasterCard or Visa** by telephone. Call (610) 402-CARE, Monday-Friday, 8:30 a.m. - 4:30 p.m.



BY MAIL: Mail the registration form below to the Center for Health Promotion & Disease Prevention, 1243 S. Cedar Crest Blvd., Allentown, PA 18103-6296



IN PERSON: You can register in person at the address above.

Class & Lecture Registration Form

Questions?
Call (610)
402-CARE

Participant's Name _____

Address _____

City _____ State _____ Zip _____

Phone (Home) _____ (Work) _____

Date of Birth _____ Social Security # _____

Are you a Lehigh Valley Hospital employee? ____ Yes ____ No

SELECTION: please refer to the course schedule for class title, date/time and fees. *Please print.*

class title(s)	date/time	fee(s)
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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Make check payable to: Lehigh Valley Hospital or

Charge to my Credit Card ☐ MasterCard ☐ Visa

CREDIT CARD ACCOUNT NUMBER

Signature _____

Exp. Date _____

PAYMENT: Total amount enclosed: \$ _____

Ask whether you are eligible for class discounts.

LEHIGH VALLEY
HOSPITAL AND
HEALTH NETWORK

WOMAN CARE



A Christmas Miracle Baby ..22

"Doctor Mom"24

A Glossary of Gynecology.....26

WomanCare Profile27

To Your Health28

A Foursome of Siblings:
Amanda Kaschak, age 3,
enjoys her new sisters and
brothers (top to bottom)
Rebecca, Jonathan, Morgan
and Kyle. The quadruplets
were born at Lehigh Valley
Hospital July 22 to West
Hazleton couple Karen and
James Kaschak. For the
story of another extraordi-
nary childbirth, see page 22.

**Good perinatal
care and good
fortune help
one couple
triumph over
dramatic odds**

Expecting a baby?

*One of the best things
you can do to give your
baby a healthy start is
to see your obstetrician
as early as possible.*

*Prenatal classes are a
good idea, too; see page
18. And you should
know the warning
signs of pre-term labor.
For a summary, call
(610) 402-CARE.*

What a difference a year has made in the holiday plans of Les Marsden and Diane Thorson. The Dingmans Ferry couple will spend this Christmas Eve hanging stockings with their eight-month-old son, Max. A year ago, they were struggling to cope with the news that their long-awaited pregnancy was in crisis.

Thorson's water broke Dec. 20, 1996, a mere 17 weeks into the pregnancy. Alerted to trouble at once, her obstetrician, Robert deQuevedo, M.D., of East Stroudsburg, sent the couple to the perinatology (high-risk childbirth) team at Lehigh Valley Hospital. Two days before Christmas, perinatologist James Balducci, M.D., confirmed the bad news: when the water breaks this early, most women lose the baby within 48 hours. If not, there are dozens of other risks including life-threatening infection, deformities and failure of the baby's lungs.

"Dr. Balducci didn't close the door entirely, but he was candid about the odds," Marsden says. "They weren't good. We all used the word 'miracle.'"

Thorson made it through the first critical 48 hours. Watched closely by her doctors, she rested at home until week 24 (of what is normally a 40-week pregnancy), when she was admitted to Lehigh Valley Hospital. "Now that the baby had a fighting chance, we wanted to keep the pregnancy going as long as possible," says Balducci's colleague, Orion Rust, M.D.

In the hospital, Thorson would have immediate access to the specialized doctors, nurses and equipment in the perinatal unit and the neonatal (newborn) intensive care unit (NICU). Rust and his colleagues kept in close touch with deQuevedo. "We work in partnership with the family obstetrician," Rust says. "In fact, we will send the mother back to her home hospital if she makes it to 35 weeks with no signs of jeopardy to the baby."

That was not the case with Thorson, whose amniotic fluid (the fluid surrounding the baby) remained dangerously low. The perinatal team checked it and the baby's heart rate and well-being almost daily. The main concern was whether there was enough fluid for Max's lungs to develop the ability to exchange oxygen outside the womb. Gazing enthralled at the ultrasound monitor each day, his parents could watch him hiccup. What the ultrasound could not reveal was whether he would be able to breathe when he came into the world. "It felt like a time bomb," Marsden says.

A professional actor who'd put his career temporarily on hold,

A Christmas

"One night late, I watched from the doorway as a new nurse picked Max up and sang to him. She didn't know I was there. It was incredibly reassuring that this stranger would treat him as lovingly as his parents."

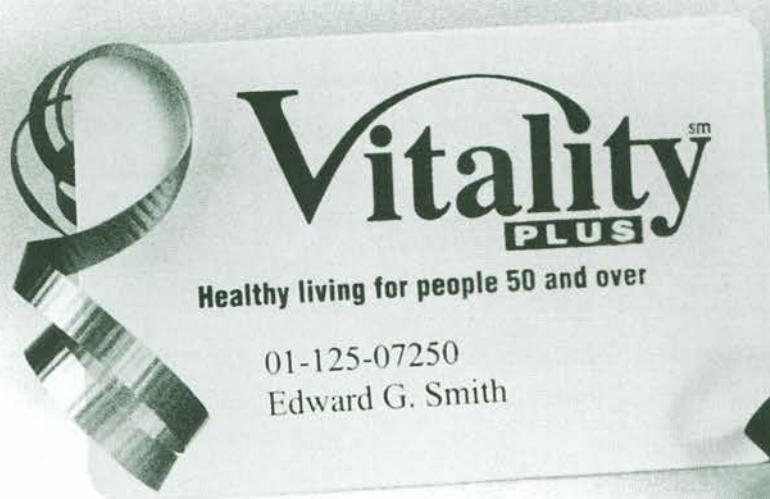
(LES MARSDEN)

The Vitality PlusSM membership card— the ultimate holiday card

This holiday season give your friends and family the gift of good health with membership in **Vitality Plus**, the affordable health and wellness program for people 50 and over. At just \$20 a year for an individual or couple, a **Vitality Plus** card gives members the opportunity to feel good, enjoy activities and save money all year round! No other holiday card gives:

- two free months of exercise classes
- cash rewards for travel
- savings on eyeglasses and hearing care
- prescription discounts at local and nationwide pharmacies
- free AARP driving courses
- savings on long-term care insurance
- free health workshops
- dance lessons and a dining club
- hospital amenities

So when you're going over the names on your holiday gift list, remember the gift card that will help people get more out of life all year long. Round out your **Vitality Plus** gift package by adding a sporty canvas hat, handy nylon gym bag or a cotton logo shirt. Call **1-888-584-PLUS** (7587) for more details or use the handy order form on the back. We even provide gift wrap!





Order today!

Fill out the form below and call 1-888-584-PLUS (7587) with your order information. Or, if you prefer, cut out and mail this form with your payment to:

Vitality Plus

1243 S. Cedar Crest Blvd.

Allentown, PA 18103-7910

Yes! I want to give the gift of good health. Please send Vitality Plus memberships to the following:

Member's name _____

Date of birth _____ Sex ☐ M ☐ F

Spouse's name (co-member) _____

Spouse's date of birth _____

Home address _____

City/State/Zip _____

Home phone _____ Work phone _____

Name of member's physician _____

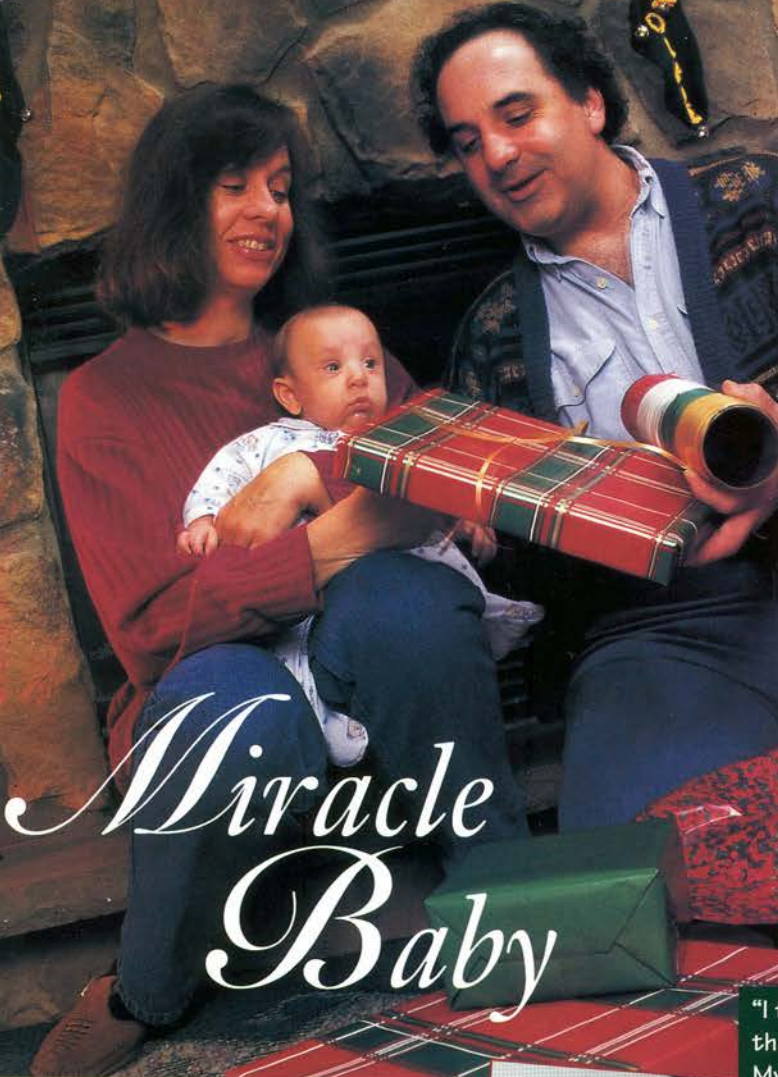
ITEM	PRICE	QUANTITY	TOTAL
Vitality Plus membership	20.00		
Vitality Plus canvas cap	7.50		
Vitality Plus gym bag	9.00		
Vitality Plus logo shirt	16.00	___ L ___ XL	
Gift Wrap and Handling			5.00
Total Enclosed			

Method of payment ___ Check or money order enclosed

___ Charge my ☐ Visa ☐ Mastercard

Card Number _____ Expiration Date _____

Signature as shown on credit card



Diane Thorson, Les Marsden and their son, Max, born April 11, 1997. Thorson, who holds a degree in environmental studies, and Marsden, a professional actor who is best known for portraying Groucho Marx, will be counting their blessings this Christmas at home in Dingmans Ferry.

Miracle Baby

Marsden accepted the lead in a Boston stage play in March that would allow him to return to Pennsylvania for part of each week. Max, who seems to have inherited his father's sense of drama, made his appearance the day before the show was to open. By the time Marsden got to Allentown, his 4-lb., 4 1/2-oz. son was ensconced in the NICU, breathing beautifully and "making a lot of friends very quickly." After 3 1/2 weeks there, he went home in perfect health and has remained that way.

"All of us rejoiced at Max's birth and survival," Rust says. "The prognosis was as dismal as any I've seen. Technology and professional knowledge were helpful, and the parents' refusal to give up hope was even more important. But when you come right down to it, this is one of those cases where you have to say there was a higher power involved."



"I feel lucky that Kay was there when I went into labor. My husband was racing down from Boston, but it all happened so fast. I was feeling a lot of pain. Kay got me focused; she coached me every step of the way."

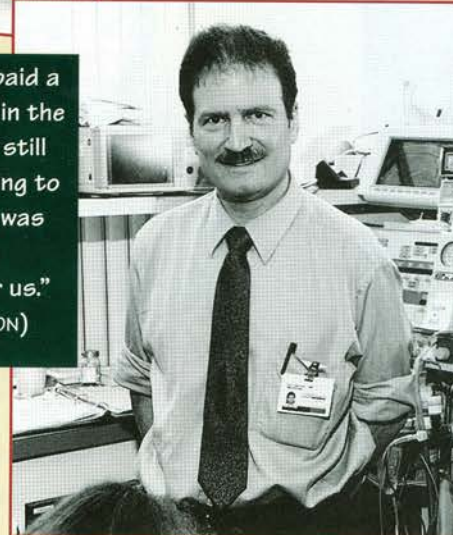
(DIANE THORSON)

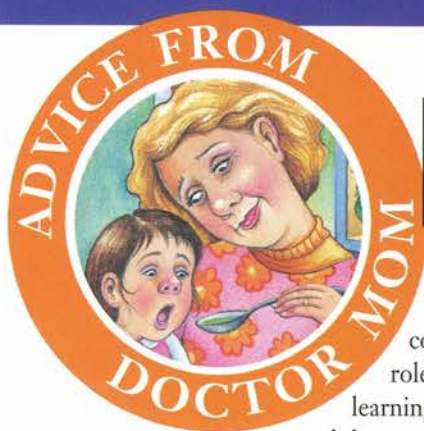
Kay Schwalm, R.N.,
perinatal nurse

"Even though we paid a daily visit to Max in the NICU, Dr. Gertner still called every morning to tell us everything was OK. He was a very special person for us."

(DIANE THORSON)

Ian Gertner, M.D.,
chief of
neonatology





"Doctor Mom" (or Dad) Preve

Parents wear many hats. They're part cook, part entertainer, part camp counselor and taxi service. But perhaps no role is more important than that of healer—learning how to treat the common cold, fever and the not-so-common flu or virus; learning how to bandage those cuts and bruises, and when to call the doctor.

Of course, being an effective "Doctor Mom" (or Dad) begins with prevention, and there's plenty to know about preventing illness and injury. Here are five prevention tips that can go a long way toward raising happy, healthy children.

1. Eat a Spoonful of Vegetables

Think of food as fuel for your children's bodies. It helps them run, play, learn and be happy. It helps them resist illness. But wait a minute. Children don't eat what they should, so what do you do?

Doctor Mom Says: *Beware of Juice Boxes.* "I've seen kids malnourished by well-meaning parents who give them juice boxes," Long says. "These drinks have mostly sugar and calories, but kids fill up so they don't eat the food and drink the milk they need."

"Start when they're young, and introduce new foods," says Stephen Long, M.D., a family doctor with Lehigh Valley Hospital and Health Network. "If they don't like a particular food, keep bringing it back and eventually they may like it."

Kids are turned off by vegetables, but Long says it may be easier by focusing on just one tablespoon of vegetables per meal during the early years.

2. Hand Washing Helps

Do you wonder if your child's colds will ever end? You're not alone. Long says the average child has six to eight colds annually, mostly during the school year.

"Kids don't think about what they're doing," Long says. "They wipe their noses on their sleeves and touch people more than adults do. They transfer germs easily, so any time you can get them to wash their hands, you help prevent the spread of colds, flu and viruses."

There are many new antibacterial soaps with fun pump bottles to make Doctor Mom's job a little easier.



Doctor Mom Says: *Wash When They're Sick.* If a stomach virus goes through your house, make sure your children wash their hands each time they vomit or have diarrhea. It helps prevent spreading the illness to the next child in the house.

on ntion

3. Cut Loose from the TV

Children are naturally busy. They dance, tumble, run and jump. But studies reveal more and more kids becoming obese. Why?

"Too many kids are watching television or playing video games instead of taking part in physical activities," Long says. "I'd like to see kids get away from the monitor."

Inactivity is not a good health habit to learn. Coupled with overeating, it leads to obesity and contributes to heart disease, diabetes and high blood pressure.

Doctor Mom Says: *No Food at the Boob Tube.* "I suggest parents make it a rule that kids do not eat in front of the television," Long says. "It cuts down on television watching and also contributes to a healthier diet."

4. Home Safety Checkup—Get on the Floor

"Get down on your hands and knees, crawl around and look at your house from a baby's perspective," Long says. "It's amazing how the world looks to kids — pot handles sticking out, electrical outlets open and lots of things on the floor they can put in their mouth."

It's important to give your house a periodic "kid checkup." Make



Doctor Mom Says:

Check the Size. Did you know that any object that can fit in a toilet paper tube is small enough to choke a child under three? It's true.

sure there are no doors or windows toddlers can fall from. Remember to put covers on unused electrical outlets, and make sure there are no matches, coins and other small objects they can choke on.

5. Don't Forget Those Shots!

"We're working hard to make sure all kids are immunized by age two, and it can be done by 15 to 18 months," Long says. "All that leaves is a booster set for kindergarten."

Pre-kindergarten shots include the Hepatitis B series, which together with a second MMR (mumps, measles and rubella) and fourth diphtheria and tetanus, are now required by Pennsylvania law for children entering kindergarten. Chicken pox immunizations are not required by law, but Long recommends them for kids age one and older.

Doctor Mom Says: *Vaccines Are for Teens, Too.* "With more and more young children now immunized, those who were not may never be exposed to childhood diseases and are at higher risk in their teens," Long says. "So we recommend immunizations for teens who never received them."

Is there a topic you would like "Dr. Mom" to address?

Call (610) 402-CARE or email us at our website (www.lvbhn.org).

fibroid Polyp Abnormal Bleeding PAP TEST colposcopy BIOPSY

A Glossary of Gynecology

Are terms like
“fibroid” and
“papilloma”
cause for real
alarm?

How to Prevent Gynecologic Cancer

- Have a gynecologic exam every year, even after menopause or removal of your ovaries.
- Know your family history; if a maternal relative has had gynecologic cancer, tell your doctor.
- Report symptoms such as pain or abnormal bleeding to your doctor right away.
- Practice safe sex. Exposing yourself to sexually transmitted diseases raises cancer risk.

You’ve just been told you have a fibroid tumor. Does it mean you’re going to be a cancer patient? No, says Weldon Chafe, M.D., chief of gynecologic oncology (women’s reproductive cancers) at Lehigh Valley Hospital and Health Network. Here are some common gynecologic terms that can sound scarier than they really are:

■ **Fibroid:** A non-cancerous tumor in the muscular wall of the uterus. “Fibroids are common in the reproductive years, and often have no symptoms,” Chafe says. “If they’re small, your doctor will probably just keep an eye on them. If they’re causing fertility problems, medication can help. Large fibroids that cause pain or abnormal bleeding may be removed surgically.”

■ **Polyp:** An overgrowth of glandular tissue on a stem that occurs on the uterus or cervix. “Even more common than fibroids, the vast majority are benign. We see polyps in women of every age. The usual symptom is abnormal bleeding, and treatment often is removal in an outpatient procedure.”

■ **Genital warts (papilloma virus):** A common cause of abnormal pap test results, genital warts are a benign condition that can occur on the labia, vagina or cervix. “Most people assume they are sexually transmitted, but viruses can enter the body in many ways. Like any viral infection, papilloma will usually burn out on its own; but some types should be watched, as they’ve been implicated in cervical cancer.”

■ **Abnormal bleeding:** Any bleeding that is unusual in character, comes between periods, or occurs after menopause.

■ **Pap test:** A screening test for cancer of the cervix that should be part of every woman’s yearly gynecology checkup. It’s simple, painless and has dramatically lowered the incidence of cervical cancer. “The test identifies abnormal cells early, before they become cancerous,” Chafe says.

■ **Abnormal pap test:** There are three categories of abnormal results: low-grade, high-grade and cancer. “With low-grade abnormalities,” Chafe says, “we usually just repeat the pap test; with high-grade, we investigate further with colposcopy or biopsy.”

■ **Colposcopy:** An exam in which the doctor looks at the cervix through magnifying lenses to see abnormalities in more detail.

■ **Biopsy:** A procedure in which the doctor removes a tiny piece of cervical tissue for analysis in the laboratory. ■

Age and obesity are risk factors for certain types of gynecologic cancer. For a fact sheet from Lehigh Valley Hospital’s John and Dorothy Morgan Cancer Center, call (610) 402-CARE. Visit our website (www.lvhbn.org) for a spotlight on gynecologic oncology.

Barbara Showalter

Enthusiastic Volunteer

The stroke couldn't have come at a less convenient time. Last November, Barbara Showalter was in the midst of opening the Atrium Gift Shop at Lehigh Valley Hospital's John and Dorothy Morgan Cancer Center. The challenging assignment included everything from planning shelving to scouting gift shows. Then one day, just back from the mall, she sat down in her family room and felt shooting pains in her head and side.

After nearly 15 years of volunteering (she is past president of Lehigh Valley Hospital's Cedar Crest & I-78 Auxiliary and is on the Nite Lites fundraiser steering committee), Showalter suddenly was in Lehigh Valley Hospital herself. "I couldn't walk, sit up or swallow at first," she says. The hardest part of her recovery was coping with her roller-coaster emotions at Good Shepherd Rehabilitation Hospital. "One day I'd think, 'I just can't do it.'

The next day I'd tell myself, 'If you don't want to sit in a wheelchair all your life, get in gear!'" And so she did. When Showalter left Good Shepherd, she was using a cane, but she was walking.

The Atrium Gift Shop is now a thriving enterprise. It provides money for the Morgan Cancer Center and a warm atmosphere for patients and their families. "I think it helps them to have an interested person to talk to," Showalter says. "Sometimes, it's easier to open up with someone who's not in the family."

Showalter brings professional as well as personal skills to her gift shop responsibility. She worked for 24 years at Food Fair/Pantry Pride in Allentown, and she and her husband, Christian Showalter, have traveled the world for his exhibit business. But a major focus of her life remains her nearly full-time volunteer "job" at the hospital. "Deep down somewhere, I must have wanted to be a nurse," she laughs. "I would have been devastated after the stroke if I couldn't have continued my work."



A Gift Shop with a Heart. Barbara Showalter does more than sell cards and gifts at the John and Dorothy Morgan Cancer Center's Atrium Gift Shop. She and co-chair Anne Melick create a warm and supportive atmosphere for cancer patients and their families.

Care to Dance? It's Healthy and Fun

Most people go dancing to socialize and have fun; but in the long winter months, it's also a great way to keep fit. "Dancing builds endurance, flexibility and muscle strength," says Greg Salem, manager, health promotion and disease prevention, Lehigh Valley Hospital and Health Network. "It also gives you a sense of accomplishment, self-confidence and social ease."

If you've been inactive, take it slowly at first, especially if you choose a physically demanding type of dance such as ballet, tap or

aerobic dance. Those with health problems should get the go-ahead first from their doctor. Here are some other how-to's for beginning dancers:

■ *Choose the type of dance that's right for you.* Almost anyone can enjoy ballroom or folk dancing. But other types involve movements that can cause problems for some people—for example, the bounce in a polka or the grip swings in square dancing.

■ *Wear comfortable shoes* with low heels; your feet are your "shock absorbers."

■ *If you're taking lessons, choose a school or studio with care.* "A good instructor does more than teach you to dance; he or she should be sensitive to any health concerns you may have, and will take those into account in the instruction."

■ *Don't expect to be an expert right away.* "Be patient," Salem says. "Like any skill, dancing takes practice. The key is to have a good time!" ●

If you're over 50, Lehigh Valley Hospital's Vitality Plus program offers special dancing classes (and many other benefits). For more information about Vitality Plus, see page 15 or call toll-free 1-888-584-PLUS.



Diane and Joe McMakin, students at the Conrad's Dance Studio in Allentown

Take the Thyroid "Neck Check"

How much do you know about your thyroid gland? Located in the neck just below the Adam's apple and above the collarbone, this small gland influences the function of the heart, brain, liver and kidneys. Making sure your thyroid is healthy is important to your overall health!

Thyroid disease or cancer is readily treated, if you know what signs to look for. Here's a simple checkup you can perform:



■ Hold a mirror in your hand and focus on the area of your neck where your thyroid is located.

■ Keep looking while tipping your head back.

■ Take a drink of water and swallow. As you swallow, check for bulges below the Adam's apple.

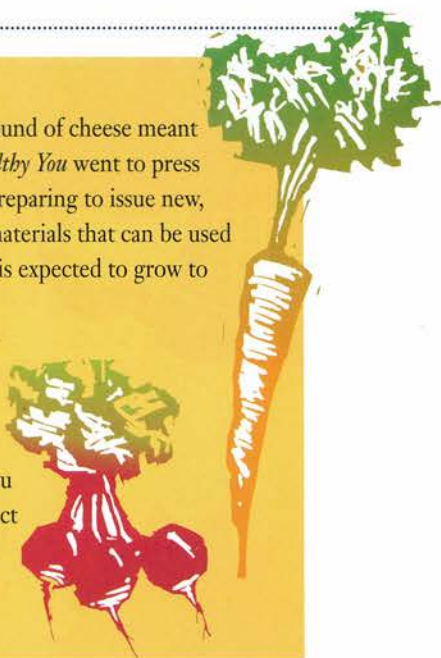
If you see a bulge or protrusion, tell your doctor immediately. An enlarged thyroid or bump is often the first and only sign of thyroid disease or cancer. ●

Learn more about the relationship between "Your Thyroid and Your Emotions" at an educational session Jan. 28; see page 16 for details.

What Does "Organic" Mean?

The label "organic" on a bunch of carrots or a pound of cheese meant different things in different states—until now. As *Healthy You* went to press last month, the U.S. Department of Agriculture was preparing to issue new, national regulations standardizing the processes and materials that can be used in producing organic foods. The \$2.5 billion industry is expected to grow to \$10 billion in five years.

"Organic" is usually defined as food grown without synthetic chemicals in the soil; food processed without chemical additives or preservatives; and poultry and livestock raised without preventive antibiotics or growth-enhancing hormones. When you see the USDA's "organic" label, you'll know the product represents a consistent standard you can rely on. You can read (and comment on) the new rules via the Internet at www.usda.gov/ams.



New Surgery for Colorectal Cancer Is Easier on Patient, Less Costly

The second leading cause of cancer death in the United States, colorectal cancer is traditionally treated with major surgery. Thanks to a new procedure available at Lehigh Valley Hospital, colorectal cancer patients are getting back on their feet sooner, with less pain and at a lower cost. Transanal endoscopic microsurgery (TEM) removes very early-stage cancers and pre-cancerous growths. It should help reduce the death rate from colorectal cancer by detecting and treating it as early as possible.

TEM is performed by fewer than 20 surgeons nationally. Among them are Robert Riether, M.D., and John Stasik, M.D., of Lehigh Valley Hospital and Health Network. The two introduced TEM locally in May, after intensive training in Germany with the specialized instruments used in TEM. "In Germany, Italy and Japan, TEM is already a standard treatment," Riether says. "Because there is no abdominal incision, patients have reduced surgical time and dramatically less pain." They are home from the

hospital within 48 hours and return to normal activity very quickly. ●

In the Next Issue

- Help for Eating Disorders
- Women's Health and Massage
- Your Winter "Safety Kit"
- The Proper Use of Antibiotics

*If there is another topic you would like to see in an upcoming issue of **Healthy You**, call (610) 402-CARE.*

LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK

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